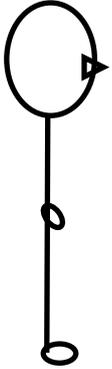
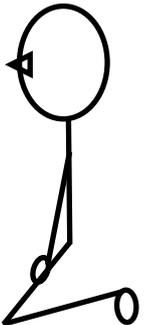
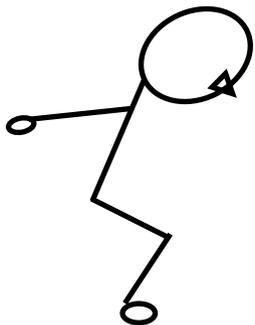
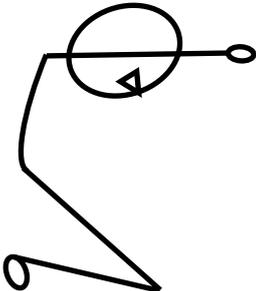
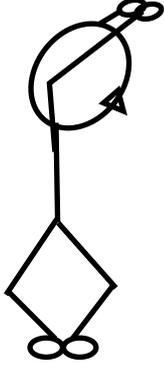
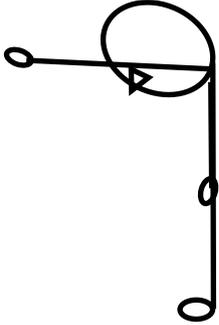
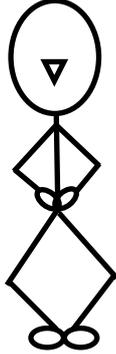
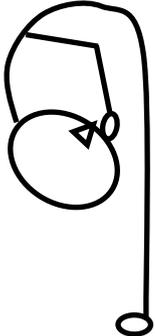
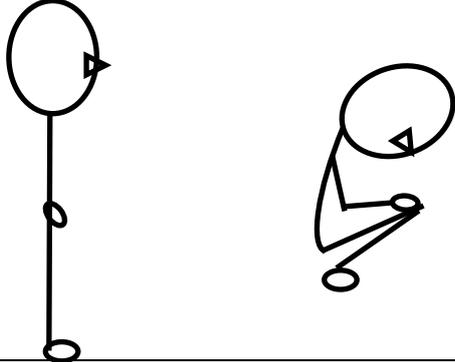


# Numbers – Body Shapes

<p><b>1</b></p>		<ol style="list-style-type: none"> <li>1. Straight Body</li> <li>2. Feet straight forward</li> <li>3. Knees and elbows locked</li> <li>4. Head upright looking straight forward</li> <li>5. Hand and fingers together, by side of body pointing down</li> </ol>
<p><b>2</b></p>		<ol style="list-style-type: none"> <li>1. On knees with bottom raised up slightly to create a gap</li> <li>2. Back should be straight</li> <li>3. Place hands on thighs, not too far down so back bends</li> <li>4. Look straight forward</li> </ol>
<p><b>3</b></p>		<ol style="list-style-type: none"> <li>1. Bend knees and hips slightly</li> <li>2. Feet, knees and head should all be in line</li> <li>3. Extend arms backwards</li> <li>4. Angle head down</li> </ol>
<p><b>4</b></p>		<ol style="list-style-type: none"> <li>1. Balancing on the left leg, draw the right leg up, bent at the knee</li> <li>2. The right foot is pressed on the inside of the left leg to help with balance</li> <li>3. Place right hand on their right thigh as low down as possible without bending their back</li> <li>4. Cock left wrist out to the side to create the tail of the number 4</li> </ol>
<p><b>5</b></p>		<ol style="list-style-type: none"> <li>1. On knees with bottom raised up slightly to create a gap</li> <li>2. Back should have a slight curve</li> <li>3. Bring arms in front of body pointing fingers</li> <li>4. Head tilted towards the ground and tucked between arms</li> </ol>

# Numbers – Body Shapes

<p><b>6</b></p>		<ol style="list-style-type: none"> <li>1. In a standing position turn feet facing outwards</li> <li>2. Bend knees to create a gap</li> <li>3. Bring arms up and lean over to the left hand side of the body</li> <li>4. Dip head so it falls inside the arms</li> <li>5. Point fingers</li> </ol>
<p><b>7</b></p>		<ol style="list-style-type: none"> <li>1. Standing upright tip head forward and try and tuck chin to chest</li> <li>2. Bring right arm up and right arm up pointing straight forward</li> <li>3. Hold left arm at the side with palms flat to side of body</li> </ol>
<p><b>8</b></p>		<ol style="list-style-type: none"> <li>1. In a standing position turn feet facing outwards</li> <li>2. Bend knees to create a gap</li> <li>3. Place hands on hips forcing elbows forward and in line with front of body</li> <li>4. Head up facing forward</li> </ol>
<p><b>9</b></p>		<ol style="list-style-type: none"> <li>1. Bend forward tucking chin on chest</li> <li>2. Bring head in as close as possible to body</li> <li>3. Bend arms and tuck in</li> <li>4. Place palms on the forehead to create a tucked position</li> <li>5. Legs should be straight with no bend at the knee</li> </ol>
<p><b>10</b></p>		<p>Compete in pairs</p> <p>Pupil a) Repeat steps for number 1</p> <p>Pupil b)</p> <ol style="list-style-type: none"> <li>1. Taking weight on feet squat down</li> <li>2. Tilt head over and tuck in</li> <li>3. Bring elbows in to body and hold hands on knees</li> </ol>